

CARING • FOR • OUR • COMMUNITY



FOR CHILDREN AND FAMILIES

NEW ONLINE RESOURCE AVAILABLE

THE MNARENTSKNOW.COM WEB SITE, cosponsored by Bloomington Public Health, is a convenient source for information on child learning, development, health and safety. It was developed by the Minnesota Department of Education in partnership with state and national childhood education and health leaders.

The site includes the Child and Family Web Guide, with information and links to more than 75 parent video and audio downloads, information about children's developmental milestones, childcare resources and much more.

For more information, visit the City's Web site at www.ci.bloomington.mn.us, keywords: Family Health or visit www.MNParentsKnow.com.

EAT YOUR VEGETABLES

PURCHASE LOCALLY GROWN PRODUCE TO IMPROVE HEALTH

THE RECOMMENDED DAILY INTAKE of fruits and vegetables in the *Dietary Guidelines for Americans* was increased from 5 - 12 servings to 7 - 13 servings (3.5 - 6.5 cups) per day for adults. For youth, the recommendation is 4 - 10 servings, depending on age and activity level.

According to the Youth Health Update report compiled by Bloomington Public Health, most Bloomington youth will have to more than double the

amount of fruits and vegetables they consume to meet the daily requirement.

Marianne Nelson, dietitian and coordinator for the City's Women, Infants and Children (WIC) Program, encourages parents to offer fruits and vegetables to their children at an early age.

"It's very important to frequently offer a wide variety of fruits and vegetables to children in a pleasant, mealtime environment," Nelson said.

With food prices going up, families can eat healthier for less by purchasing more locally grown food at the Farmers Market. See page 1.

For information, visit the City's Web site at www.ci.bloomington.mn.us, keyword: WIC, or call WIC Coordinator Marianne Nelson at 952-563-8993.



TOGETHER, WE CAN MAKE A DIFFERENCE



VEAP NEEDS YOUR HELP DONATIONS OF TIME AND MONEY ARE SOUGHT

VOLOUNTEERS Enlisted to Assist People (VEAP) is experiencing the most difficult summer of operation in its 35-year history. According to Executive Director Susan Freeman, working families and elderly are experiencing all-time high prices for food, fuel and utilities and within a few months may be close to a state of crisis.

Assistance sought includes:

- More volunteers to help sort and distribute food.
- Monetary donations to purchase perishable food.
- Donations of school supplies and \$15 school supplies cards.

For more information, call VEAP at 952-888-9616 or visit www.veapvolunteers.org.

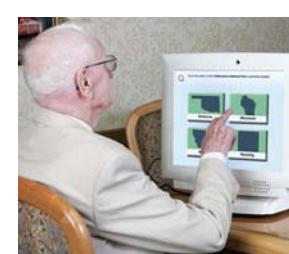


OCTOBER IS DISABILITY EMPLOYMENT AWARENESS MONTH

NOMINATIONS SOUGHT FOR BUSINESS RECOGNITION AWARD

HUMAN SERVICES and the Disability Awareness Employment Committee are currently seeking nominations for the Disability Employment Awareness Month Business Recognition Awards, given to businesses that excel in the employment of people with disabilities. To access a nomination form or for more information, visit the City's Web site at www.ci.bloomington.mn.us, keywords: Disability Employment, or call Program Coordinator Melissa Wurst-Persaud at 952-563-4950.

BOOSTING BRAIN POWER NEW PROGRAM FOR AGING ADULTS



THE CITY RECENTLY PURCHASED a new computer system especially for aging adults. All it takes to participate is the ability to touch the screen. [m]Power, by Dakim, is a unique program designed to improve the quality of life for adults desiring to maintain their brain health and for those at risk for or living with Alzheimer's disease, Parkinson's disease or arthritis. [m]Power engages the user with a variety of mentally stimulating and entertaining exercises that transform rigorous cognitive exercise into a fun activity.

Currently, the program has the capacity to accommodate 20 registered users. For more information, call Ask the City at 952-563-4957 V/TTY.



HUMAN RIGHTS COMMISSION

OMAR BONDERUD AWARD NOMINATIONS SOUGHT

THE BLOOMINGTON HUMAN RIGHTS COMMISSION is seeking nominations for the Omar Bonderud Human Rights Award. This award is presented annually to an organization or individual who has made a significant contribution toward ensuring the human rights of people in Bloomington. Human rights areas for consideration may include: equal opportunity in employment, housing, public accommodations, education and any other service that affects the social well-being of the community. The nominee must live or work in Bloomington and meet other established criteria.

For more information, call the Bloomington Human Rights Commission at 952-563-8733 or visit www.ci.bloomington.mn.us, keywords: Omar Bonderud.



ON PATROL BPD HONORED



CITY DETECTIVES HONORED DISTINGUISHED SERVICE AWARDS

THE MINNESOTA Chiefs of Police Association recently honored three Bloomington Police detectives for the diligence and dedication they displayed in collaborating to solve two murder cases. Bloomington Detectives Ed Hanson, Kim Jones-O'Brien and Mary Olson earned the Association's Distinguished Service Award for their investigative work.

"These three investigators represent the finest in law enforcement," Bloomington Police Chief John Laux said. "Their tenacity and caring assure that the citizens of Bloomington receive the best service possible."

BLOOMINGTON POLICE EXPLORERS

STATEWIDE COMPETITION EARNS EXPLORERS TOP HONORS



THE BLOOMINGTON Police Explorers earned numerous awards at the 33rd Annual Minnesota State Explorer Conference. The Explorers competed in 11 team events against 50 other teams from across the state. They received first place awards in Bomb Scene Searches and Street Decisions and a second place award in Hostage Negotiations.

The Explorers responded to a variety of mock situations with live actors. They were judged on how well they controlled the situation and the decisions they had to make.

In July, three Explorers competed against more than 4,000 Explorers at the national Explorer Conference in Fort Collins, Colorado.

EXPLORER EARNS SCHOLARSHIP

ALEXANDRA ANDERSON received the 2008 Shawn Silvera Memorial Scholarship for exemplifying the character, personality and professionalism for which Lino Lakes Police Officer Shawn Silvera, who was killed while on duty responding to a call, is remembered.

